

Using Your Bone Broth to Build a Soup

Asian Soup

- Use only one pot!
- Place one quart of broth in a saucepan pan and TASTE. It's always good to know where you're starting.
- Add raw vegetables like diced zucchini, green beans, broccoli and carrots. Add the longer cooking vegetables first like carrots, followed by the shorter cooking vegetables to avoid overcooking.
- Add precooked chicken or you could dice raw chicken and cook it directly in the soup.
- Add one can coconut milk
- Add: 1-2 tablespoons soy sauce to taste, 1-2 teaspoons sesame oil. Simmer and taste. Add more sea salt or soy sauce (or Brags) as needed.
- Add: Leftover rice or grains KEEP TASTING!
- Other possible additions: 1-2 tablespoons Asian fish sauce, juice of a lime, fresh cilantro, dried seaweed.

Matzo Ball Soup

- Place one quart broth in a saucepan pan.
- Add carrots, celery, turnips or any other vegetable as above.
- Add cooked or uncooked chicken and simmer until cooked through.
- Purchase a box of matzo meal and follow the instructions on the box. You could replace the vegetable oil in the recipe with some of the chicken fat you skimmed from the soup.
- About 20 minutes before serving, drop matzo balls into boiling soup and simmer for about 15 minutes.
- Top with fresh chopped parsley and serve.

It's very convenient to freeze bone broth in two cup increments. These can be thawed quickly to be used to cook one cup of rice or quinoa.